COMMUNITY

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EL CENTRAL HISPANIC NEWS

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LAZOS Detroit: Conmemoró Historia, Cultura y Comunidad

Por Juanita Zúñiga

El domingo 8 de octubre, miembros de la comunidad, vendedores y empresarios locales se reunieron en Vallarta Live en el suroeste de Detroit para celebrar la rica y diversa comunidad de Detroit y recaudar fondos para la organización local One Michigan for Immigrant Rights.

En el evento se transmitió el documental Michoacán to Michigan, una producción que relata la historia de Valeriano y Martina Fraga y su viaje desde Morelia, Michoacán en 1919 hasta Michigan, durante la Revolución Mexicana.

Desde el viaje de los Fraga al "Pulgar de Míchigan", la Inmigración ha formado una comunidad, en el suroeste de Detroit, lo que hizo que la celebración fuera más íntima.

"Ellos (la familia Fraga) esperan que mediante el documental puedan inspirar a otras familias a contar su historia, con el objetivo de que la comunidad inmigrante, principalmente los indocumentados, sepan que no tienen que vivir en las sombras". dijo Brígida Espinosa.

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LAZOS Detroit: Celebrating History, Culture, and Community

By Juanita Zuniga

On Sunday, October 8, local community members, vendors, and local business members came together at Vallarta Live in Southwest Detroit to celebrate Detroit's rich and diverse community to raise funds for local organization One Michigan for Immigrant Rights.

The event, which showcased the screening of Michoacan to Michigan, a documentary film that recounts the story of Valeriano and Martina Fraga and their journey from Morelia, Michoacan in 1919 during the Mexican Revolutionary War to Michigan.

Since the Fraga's voyage to the Thumb Region, Immigration and Migration has made a community here in Southwest Detroit. Which only makes this celebration more intimate.

"They [Fraga Family] are hoping through the documentary they can inspire other families to tell their stories, with the end result being that the immigrant community, especially the undocumented immigrant community, knows they don't have to live in the shadows," said Bridget Espinosa.

cont. on pg. 2

Members of Puente Cultural Integration and One Michigan for Immigrant Rights pause for a group photo with the event proceeds
Photo by Alejandro Ugalde

Local Hispanic Leaders Honored and Student Scholarships Awarded During Annual Celebration

In accepting her award remotely, local Southwest Detroit artist and community activist Mary Luevanos submitted the following comments:

I am elated to have been considered for the Community Arts Recognition. It is my estimation an award of this stature carries responsibility, power, recognition.

We, for me, Mexican families live in the pallet of colors reflecting our ancestors. The richness of our words are like the poems with which songs are made. The music, the ancient drum beats are celestial dances.

My "Pa's" bucket beat or the thumps on the table; the drums reflect ancient Guanajuato. My abuelito's stories of the 12 O'clock bull who suddenly became ferocious at that time for some reason no one knew; Maximillian's soldiers; Pa's eyes widened, his hair looked electrified recounting his youthful days in Michoacán and how his father's family disowned him for marrying a Tarasco Indian.

There is so much more to tell, ART!!! The key to unlock the stories; the music; the dance of life. Community art unleashes the power for all of us.

Thank you for giving me this phenomenal recognition.

Mary Luevanos

LANSING, Mich. – The Hispanic Latino Commission of Michigan (HLCOM) recently held their annual Hispanic Heritage Event where they awarded thirteen students with $1,000 scholarships and honored six Latinx leaders for their contributions.

"The Commission is proud to convene our communities to celebrate ambitious Latinx leaders and students, and provide scholarships that ease the financial burden Hispanic and Latinx students may face amid their pursuit of higher education," Office of Global Michigan Director Poppy Hernandez said. "By collaborating with and uplifting esteemed community members like those awarded this evening, our work continues to make Michigan a welcoming state. Global Michigan is committed to empowering and engaging the immigrant, refugee and international community as we make Michigan the home for opportunity."

Each spring, the commission collects nominations for Latinx leaders to be recognized at the annual fall event. The following committee-selected leaders were honored for their contributions to the state in the areas of art, education, military service, community service, lifetime achievement and heroism:

- Educator of the Year Award: **Celeny Quintino** of Grand Rapids, Michigan
- Unsung Hero Award: **Abby Teasley** of Grand Haven, Michigan
- Arts in the Community Award: **Mary Puentes Luevanos** of Southwest Detroit
- Veteran of the Year Award: **Jose Manuel Estrada** of Lansing, Michigan
- Lifetime Achievement Award: **Gilberto "Gil" Guevara** of Saginaw, Michigan
- Community Service Award: **Danieal "Dano" Oropeza** of Pharr, Texas/Kalamazoo, Michigan

"Since its establishment in 1975, the Commission has been charged with honoring Latinx Michiganders and their contributions across the state," said HLCOM Commission Chair Jesse Bernal. "Every single individual recognized during our event is well-deserving of the prestigious award they received for their outstanding commitment to service in their community and beyond."

The event included a vibrant display of artwork by Detroiter and Dominican Artist Odette Duke and a diverse Latinx dance performance by Reflejos Latinos of Ann Arbor, which took guests on a tour of various parts of Latin America through dance. Event sponsors included: Kalamazoo Valley Community College, Ford Motor Co., Grand Valley State University, Western Michigan University, MI Latinx Coalition, HBN Building Services and Comcast.

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LAZOS Detroit

Photos by: Alejandro Ugalde

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"Today we want to illuminate those stories of courage and decisiveness, and grit and valor to help the world understand all of the contributions that immigrants provide to our community and not just let the stories in the news be negative."

Bridget Espinosa, CEO and founder of Puente Cultural Integration, spearheaded Sunday's event with her business consulting firm, which works to provide equitable resources to immigrant and minority-owned businesses.

Which is exactly what happened at Sunday's event. The Vallarta LIVE venue filled wall-to-wall on Sunday demonstrating how powerful and important the immigrant community in Southwest Detroit is.

This event was made by the community for the community--and it shows.

LAZOS Detroit was able to come together because of community sponsors from an array of different businesses in Metro-Detroit like El Parian, MG Income Tax, Alliance Catholic Credit Union, M&D Drywall, La Z 1310 AM, Sherwin-Williams Careers and many more.

But that's not all. Once you stepped through the big doors of Vallarta LIVE, you were greeted by many local Detroiters, whether they were smiling and clapping along to the rhythm of folkloric music or conversing about the products or businesses they own, attendees were all united for one cause.

"It's needed for us to unite as a community. Southwest Detroit is so diverse, filled with so many Hispanic cultures, and with this event, we want to elevate each other, show what our community has to offer and support that. Together we can make an impact. Today is just a little of what we can do when we come together," said Nayellie Lopez, youth organizer from One Michigan for Immigrant Rights

The proceeds from Sunday's event will benefit local community organization One Michigan for Immigrant rights, which is an organization that is run by youth alongside strong allies to uplift and support Detroit's immigrant community. One Michigan for Immigrant Rights, located at 1920 Scotten just north of W. Vernor, provides the community with holiday gift baskets, immigrant and legal paperwork, while also educating and empowering youth in the community through their summer program.

Over the last ten years, One Michigan has provided a youth program that educates young people in Detroit on advocacy, the issues facing our community, and providing them with resources and space to stand up to these injustices.

The event raised $1,500 for the organization and you can still support by donating to the work they do for the community and their youth here https://1michigan.org/donate/

Juanita Zuniga is a graduate of Kalamazoo College with a degree in Anthropology/Sociology and English. She was born and raised in SW Detroit and still resides here today. She is very passionate about her community and hopes to serve her community through writing. Juanita is a Latin history and music enthusiast in her spare time. She is also a Cancer Sun, Libra Moon, and Cancer Rising.

Con't de pg. 1

"Hoy queremos iluminar esas historias decisivas de coraje y valentía; para ayudar al mundo a comprender todas las contribuciones que los inmigrantes brindan a nuestra comunidad y que no solo se vean las noticias negativas".

Bridget Espinosa, directora ejecutiva y fundadora de Puente Cultural Integration, encabezó el evento del domingo con su firma de consultoría empresarial, que trabaja para proporcionar recursos equitativos a empresas propiedad de inmigrantes y minorías.

¿Qué fue exactamente lo que se vivió en el evento del domingo? El recinto del Vallarta LIVE se llenó de pared a pared, demostrando cuán poderosa e importante es la comunidad de inmigrantes en el suroeste de Detroit.

Este evento fue creado por la comunidad para la comunidad y se nota.

LAZOS Detroit pudo unirse gracias a los patrocinadores comunitarios de diversas empresas en Metro-Detroit como El Parian, MG Income Tax, Alliance Catholic Credit Union, M&D Drywall, La Z 1310 AM, Sherwin-Williams Careers y muchas más.

Pero eso no es todo, una vez que cruzabas las grandes puertas de Vallarta LIVE, eras recibido por muchos residentes, o bien sonriendo y aplaudiendo al ritmo de la música folclórica o contándote sobre los productos o negocios que poseen, los asistentes estaban todos unidos por una causa.

"Es necesario que nos unamos como comunidad. El suroeste de Detroit es muy diverso, está lleno de tantas culturas hispanas, y con este evento queremos elevarnos unos a otros, mostrar lo que nuestra comunidad tiene para ofrecer y apoyarlo. Juntos podemos lograr un gran impacto. Aquí hay sólo un poco de lo que podemos hacer cuando nos unimos", dijo Nayellie López, organizadora juvenil de One Michigan for Immigrant Rights.

Las ganancias del evento beneficiarán a la organización comunitaria local One Michigan for Immigrant Rights, que es una organización dirigida por jóvenes junto con fuertes aliados para elevar y apoyar a la comunidad de inmigrantes de Detroit. One Michigan for Immigrant Rights, está ubicado en 1920 Scotten, justo al norte de W. Vernor, y proporciona a la comunidad canastas navideñas, documentos legales y sobre inmigración, al mismo tiempo que educa y empodera a los jóvenes de la comunidad a través de su programa de verano.

Durante los últimos diez años, One Michigan ha brindado un programa juvenil para Detroit, dónde se les enseña a los jóvenes a defenderse ante los problemas que enfrenta su comunidad, y se les brinda recursos y espacio para enfrentar estas injusticias.

El evento recaudó $1,500 para la organización y aún puedes apoyar donando al trabajo que hacen para la comunidad y sus jóvenes aquí https://1michigan.org/donate/

Juanita Zúñiga se graduó de la Universidad de Kalamazoo con una licenciatura en Antropología/Sociología e Inglés. Nació y creció en el suroeste de Detroit, dónde aún reside. Ella siente mucha pasión por su comunidad y espera servirla a través de la escritura. A Juanita le encanta la historia y la música latina en su tiempo libre. Ella también es Sol de Cáncer, Luna de Libra y Cáncer Ascendente.

Traducción por Carmen Elena Luna

Local vendor creating art live during the event

Another vendor shows off her colorful inventory

Spectators watch the documentary "Michoacan to Michigan" at Vallarta Live

Attendees were entertained by a performance of ballet folklorico

Newark's Cardinal Joe Tobin: A Hometown Leader

By: Ozzie Rivera

Cardinal Joe Tobin, Archbishop for Newark New Jersey, grew up in Southwest Detroit and would become the parish priest for Most Holy Redeemer. In recent years, some within the Catholic Church have touted him as possibly the first American Pope. In early August, I ran into Cardinal Tobin during the 40th anniversary mass for the passing of Msgr. Kern, the legendary pastor of Most Holy Trinity in Corktown. When I first found out from Vic Venegas, one of the primary organizers of the event, that Cardinal Tobin would be the primary celebrant of the memorial mass, I was elated!

I had the good fortune of getting to know him during the 80's, first through his participation in Casa de Unidad, which for a couple of decades was considered the premier arts and cultural organization in Southwest Detroit. A proud son of Southwest Detroit, he quickly became well known for his defense of community residents, his promotion of immigrant rights and as an advocate for community empowerment. He was also noted for his street smarts and love of football and other physical sports.

I was attracted to his sense of community pride and activism. Years later, I wanted to make sure that my first daughter, Rachel, was baptized by him. I was honored that he accepted our request to baptize her.

As I contemplated meeting him at the Kern Memorial Mass, I remember having read an article a few years back detailing the possibility that Joe Tobin could possibly become the first pope from the United States! Wow our Joe Tobin, I asked myself. Fast forward: motivated by my recent reunion with him I went online and found a few articles on this subject. One I found, an opinion piece written by Reverend Alexander M. Santora, a key figure in the New Jersey religious community, provided background on why some key forces believed this was a possibility. Thus for the rest of this article I will refer to and quote from it. It was published by Bergen Record, www.northjersey.com, a New Jersey publication and entitled "Can Joe Tobin from Detroit, now a NJ cardinal, become the first American pope?" It paints a picture of Cardinal Tobin's ability to build unity within different factions of the Catholic hierarchy, his personal brilliance, political astuteness yet humble and down to earth approach while being somewhat of a Renaissance man given his many interests.

The article goes on to detail that after leaving Detroit, Joe Tobin made a name for himself at the national and international level. At the young age of 45, he became the Superior General of his religious order the Redemptorists. In that position he traveled the world several times visiting 70 countries. It was noted, "he helped to build relationships among all the provinces". As a result of his successes, he would go and work in the Vatican. During a notable chapter in that period he advocated for a number of women's religious orders in the U.S. who at that time were being investigated by the Vatican for being too liberal. His mediation efforts were successful in defending them. Yet as a result, he was "assigned" to Indianapolis as its Archbishop.

True to his character and leadership style, he took the Archdiocese by storm and was loved by pastors, priests and people. Later on in assuming the position of Archbishop of Newark, New Jersey, he would again establish deep ties with that community. As the article states, "he's a people person's prelate." honoring a rich tradition of progressive behaviors and practices of a number of religious communities within the United States. Referred to as a case in point he is credited with welcoming the LGBTQ community into his Newark cathedral.

His influence on the Vatican is significant, currently serving on eight Vatican Curia departments or dicasteries including the powerful one that vets bishops. A

Cardinal Joseph Tobin blessing Doris Perez, lay-cultural activist after the Msgr Kern Memorial Mass at Holy Trinity Church, August 19, 2023

quote from the article states that in this capacity he is one "who can put forth (Pope) Francis' agenda. He is definitely in Francis' corner and can articulate that vision of church unlike few other cardinals."

As the article continues it lays out a number of reasons why the selection of an American cardinal may not occur but goes on to state that if it should happen, Joe Tobin stood a strong chance given his personal attributes, political and organizational skills and experience, that he knows the global church intimately and his ability to build bridges between different factions within the church.

Our own Joe Tobin! What if that were to happen?

****

Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

Local Hispanic Leaders and Students Awarded During Annual Celebration

Con't from pg. 1

To further career development and increase the enrollment of Latinx people in postsecondary education and training programs, the commission awarded $1,000 each to 13 students through their Nuestro Futuro Scholarship. Recipients of the scholarship are students currently enrolled in a Michigan-based high school, college, university or other recognized higher education institution who plan on utilizing the funds for postsecondary education.

Scholarship recipients from across the state include:

- **Alejandra Padilla** Miguel of Detroit, Michigan, Studying at Michigan State University
- **Alexis Robles Vazquez** of Grand Rapids, Michigan, Studying at Grand Valley State University
- **Carlos Panuco** of Holland, Michigan, Studying at Michigan State University
- **Jada Linstrom** of Norton Shores, Michigan, Studying at Muskegon Community College
- **Lizbeth Zavala** of Southwest Detroit, Michigan, Studying at Wayne State University
- **Nigthdelyn Martinez** of Detroit, Michigan, Studying at University of Michigan
- **Ruberto Mosqueda** of Midland, Michigan, Studying at Mid-Michigan Community College
- **Emilio Albaranque** of Argentina/East Lansing, Michigan, Studying at Michigan State University
- **Enrique Cazares** of Parlier, California, Studying at Michigan State University
- **Gabriella Olivarez** of Saginaw, Michigan, Studying at Delta College
- **Samantha Rodriguez** of Grand Rapids, Michigan, Studying at Central Michigan University
- **Tania Sofia Ruiz Sierra** of Mexico/Novi, Michigan, Studying at University of Michigan
- **Tomas Tello** of Flint, Michigan, Studying at Michigan State University

The Nuestro Futuro Scholarship submissions opened in the spring and closed on July 4. Committee selections were made based on the student's submitted essay, grade point average, letters of recommendation and community service experience. Each of these students will receive $1,000 in scholarship funding to support their educational attainment goals.

"The Commission's top priority is the advancement of educational and economic opportunity for our Latinx communities," said Bernal. "We are proud to invest in the bright future of the scholarship recipients and hope those who joined us left the celebration with a renewed sense of pride for our culture and communities."

HLCOM strives to market the state's career development services to Latinx Michiganders, encourage initiatives to reduce the high school dropout rates of Hispanic youth and facilitate efforts to increase the enrollment of Hispanics in postsecondary education and training programs. Learn more about the Commission and their work at michigan.gov/HLCOM.

Educator of the Year Award recipient Celeny Quintino, in black and white dress in center, pictured along with her family and friends

SPECIAL, WORLD'S CULTURES

Pilgrimage of the Virgin of Zapopan

Pilgrimage of the Virgin of Zapopan, Jalisco, México

On October 12 of each year, the Pilgrimage of the Virgin of Zapopan is celebrated in the Guadalajara Metropolitan Area, a tradition of almost three hundred years that began in 1734.

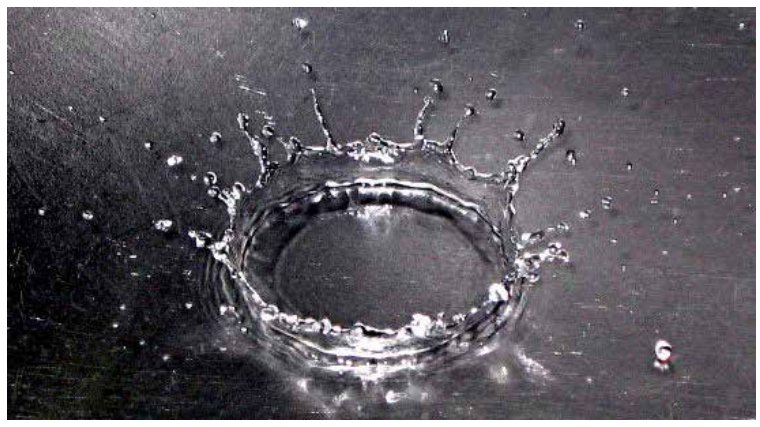
This festivity is the return of the image of the Virgin of Zapopan to her home, the Basilica of Zapopan from the Guadalajara Cathedral. This pilgrimage concludes a year of tours of the different temples of the city, as it is expected to be filled with blessings by the visit to the different neighborhoods and towns from the Virgin.

The image of the Virgin of Zapopan was brought from Michoacán by Fray Antonio de Segovia, who in 1530 asked some indigenous artisans from the Pátzcuaro region to make a small image of the virgin with a traditional paste of corn cane powder with honey of orchid.

The image is small, measuring only 34 cm from head to toe. Among the objects associated with the Virgin of Zapopan are: The imperial crown; the halo with a dove, a sign of the Holy Spirit; the queen's scepter; the general's cane, a sign of her authority; the sword that was awarded to her as the general of arms of the trigarant army of New Galicia, in 1821; a reliquary with a child God, giving a sign of her liturgical devotion to "Our Lady of Expectation", that is, Mary awaiting the birth of Jesus; a band on her chest, a sign of her authority as a general. It is usually blue, but it can also be tricolor; a moon at her feet, a prophetic sign of the Apocalypse (Rev 12:1-2); a silver pedestal; some keys as patron saint of the city of Guadalajara and Zapopan.

In 2016, the municipality of Zapopan declared the Pilgrimage as Cultural Heritage of the Municipality of Zapopan, recognizing the importance of the Virgin of Zapopan for the Catholic faith of the municipality, since she is considered the Patron Saint, Protector and General of the city, and her celebration is the most important Catholic tradition of the city. In 2018 it was even recognized by UNESCO as Intangible Cultural Heritage of Humanity.

During this celebration, a pilgrimage on foot of more than nine kilometers or approximately five and a half miles is carried out, joined by parishioners who accompany the Virgin of Zapopan with their pre-Hispanic dances, war bands, musicians, faithful with their banners, pilgrims, servants of faith to the Virgin of Zapopan, among other visitors.



The festival brings together more than two million people to express their devotion and faith during this Pilgrimage, whether with offerings, flowers, gifts, or walking orders. There are even people who make the pilgrimage to the Basilica kneeling to thank the Virgin of Zapopan for her intercession before God.

Since her arrival in the region, countless miracles have been attributed to the Virgin of Zapopan, especially in matters of health. Year after year it is asked to bring good rainy season to restore the levels of Lake Chapala. When the storm arrives, the raindrops form what is called the crown of the Virgin.

When she is received at the Basilica of Zapopan, mariachis and other traditional Mexican music groups, as well as dancers, are already waiting for her. The Pilgrimage combines faith with joy, as it is a great festival for which the city carries out different road closures. Plaza de las Américas, also known as Plaza Juan Pablo II, is filled with brightness and colors, rides and visitors. Playfulness fills the spirit of the parishioners and splendor can be seen with flowers, music and dancers.

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ESPECIAL CULTURAS DEL MUNDO

Romería Virgen de Zapopan

Romería Virgen de Zapopan, Jalisco, México

El 12 de octubre de cada año se celebra en el Área Metropolitana de Guadalajara la Romería de la Virgen de Zapopan, una tradición de casi trescientos años que se inició en 1734.

Esta festividad es el regreso de la imagen de la Virgen de Zapopan a su casa, la Basílica de Zapopan desde la Catedral de Guadalajara, en esta peregrinación concluye un año de recorridos por los diferentes templos de la ciudad, pues se espera llene de las bendiciones a su visita por las diferentes colonias y localidades.

La imagen de la Virgen de Zapopan fue traída desde Michoacán por el Fray Antonio de Segovia, quien solicitó en 1530 a unos artesanos indígenas de la región de Pátzcuaro elaboraran una pequeña imagen de la virgen con una pasta tradicional de polvo de caña de maíz con miel de orquídea. La imagen es pequeña, midiendo tan sólo 34 cm de pies a cabeza.

Entre los objetos asociados con la Virgen de Zapopan están: La corona imperial; la aureola con una paloma, señal del Espíritu Santo; el cetro de reina; el bastón de generala, signo de su autoridad; la espada que le fue otorgada como la generala de armas del ejército trigarante de la Nueva Galicia, en 1821; un relicario con un niño Dios, dando señal de su advocación litúrgica "Nuestra Señora de la Expectación", es decir, María esperando el alumbramiento (nacimiento) de Jesús; una banda al pecho, signo de su autoridad como generala. Ordinariamente es azul, pero también puede ser tricolor; una luna a sus pies, signo profético del Apocalipsis (Ap 12,1-2); un pedestal de plata; unas llaves como patrona de la ciudad de Guadalajara y Zapopan.

En el 2016 el municipio de Zapopan declaró la Romería como Patrimonio Cultural del Municipio de Zapopan, reconociendo la importancia de la Virgen de Zapopan para la fe católica del municipio, pues se le considera la Santa Patrona Protectora y Generala de la ciudad, siendo su celebración la tradición católica más importante de la ciudad. Incluso, para 2018 fue reconocida por la UNESCO como Patrimonio Cultural Inmaterial de la Humanidad.

Durante este festejo se lleva a cabo una peregrinación a pie de más de nueve kilómetros o cinco millas y media aproximadamente, a la que se unen feligreses que acompañan a la Virgen de Zapopan con sus danzas prehispánicas, bandas de guerra, músicos, fieles con sus estandartes, peregrinos, servidores de la fe a la Virgen de Zapopan, entre otros visitantes.

La festividad congrega a más de dos millones de personas a expresar su devoción y fe durante esta Romería ya sea con ofrendas, flores, regalos, mandas caminando. Incluso hay personas que hacen la peregrinación a la Basílica hincados para agradecer a la Virgen de Zapopan su intercesión ante Dios.

Desde su llegada a la región, se le han atribuido incontables milagros a la Virgen de Zapopan, sobre todo en cuestiones de salud. Año con año se le pide que traiga buen temporal lluvias para que restaure los niveles del Lago de Chapala.

Al llegar el temporal, las gotas de lluvia forman lo que se llama la corona de la Virgen.

Cuando se la recibe en la Basílica de Zapopan, ya la esperan mariachis y otros grupos de música tradicional mexicana, así como los danzantes.

La Romería conjunta la fe con la alegría, pues es una gran fiesta para la que la ciudad lleva a cabo diferentes cierres viales.

La plaza de las Américas, también conocida como plaza Juan Pablo II, se llena de fulgor y colores, juegos mecánicos y visitantes. La jocosidad llena el espíritu de los feligreses y el esplendor se deja ver con flores, música y danzantes.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

Community Benefits Local Community Group Seeking Six New Members

A key feature of the Gordie Howe International Bridge project is the inclusion of a Community Benefits Plan. The robust plan includes $20 million in neighborhood improvements plus more than 80 workforce development initiatives to ensure the Windsor-Detroit region benefits from and engages with the project.

The project is seeking volunteers to serve on its Local Community Group, a 16-member collective that represents the communities of Delray/Southwest Detroit, Sandwich/west Windsor, Windsor-Essex County and the Greater Detroit Area, providing valuable input and linkages into the region to help the project team better understand community and stakeholder perspectives in the delivery of the Community Benefits Plan.

Local Community Group members:

- Participate in quarterly meetings.
- Provide input into the implementation of Community Benefits Plan initiatives.
- Review community funding opportunities for Neighborhood Infrastructure Strategy funding.

Applications are being accepted until 4:00 p.m. on Tuesday, October 17, 2023, for six open volunteer positions through this group.

Representatives for each of the following areas are being sought:

- The Sandwich/west Windsor community (two positions)
- The Delray/Southwest Detroit community (two positions)
- Windsor-Essex County
- The Greater Detroit Area

PONT INTERNATIONAL GORDIE HOWE INTERNATIONAL BRIDGE

COMMUNITY BENEFITS LOCAL COMMUNITY GROUP
The project is seeking volunteers to serve on its Local Community Group, a 16-member collective that represents the communities of Delray/Southwest Detroit, Sandwich/west Windsor, Windsor-Essex County and the Greater Detroit Area.
6 volunteer positions available
Applications due by 4:00 p.m. on October 17, 2023
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El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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HISPANIC OWNED MEDIA CERTIFIED BY HACR

Bank of America's Estrella (Star) Crawford Selected for Leadership Detroit 44

Estrella (Star) Crawford, Bank of America Senior Vice President and Market Executive for Detroit, has been selected as a member of the Detroit Regional Chamber's Leadership Detroit program, a nine-month transformational leadership program designed to challenge emerging and existing community leaders from Southeast Michigan to bring about positive change.

"Leadership Detroit is the gold standard for community leadership programs, providing meaningful opportunities for business and community leaders to grow professionally while making a positive impact on the Detroit region," said Crawford. "I look forward to connecting with this diverse group of professionals as we work together to gain a deeper understanding of local issues and needs."

As part of Leadership Detroit 44, Crawford will join nearly 75 executives across Southeast Michigan representing a cross-section of the community, including business, organized labor, government, education, media, civic groups, health services and community organizations.

"At Bank of America, we have consistently championed opportunities for our teammates to grow professionally, be successful in their careers and better connect with the communities that we serve," said Matt Elliott, Bank of America Michigan Market President. "We congratulate Star for being named among the group of distinguished leaders in the 44th Leadership Detroit class and look forward to her continued success at Bank of America and within our community."

"I'm looking forward to another one-of-a-kind program year with the 44th Leadership Detroit class. These exceptional individuals will embark on a unique journey outside their comfort zones to challenge long-held assumptions and to embrace diverse perspectives on quality-of-life issues in the Detroit region," said Devon O'Reilly, Senior Director of Community Engagement and Leadership Development. "Through carefully curated sessions, this class will have an opportunity to better connect with each other, hear directly from experts across multiple sectors and enhance the intangible skills that will make them more impactful leaders."

As it has since 1979, Leadership Detroit will continue its role in addressing, discussing and leading conversations important to the Detroit Region. The complete Leadership Detroit 44 roster is available at detroitchamber.com/ld.

Leadership Detroit is a community leadership program for executives in Southeast Michigan led by the Detroit Regional Chamber with more than 2,000 alumni. Launched in 1979, the annual, six-month program aims to create awareness of key issues that affect the Detroit Region and to challenge emerging and existing community leaders to bring about positive change in the community through informed leadership. To learn more, visit detroitchamber.com/ld.

Estrella (Star) Crawford, Bank of America Senior Vice President and Market Executive for Detroit

WSU President Espy Impresses with Her Commitment to Student Academic Success and Social Mobility

By Dr. José Cuello

Dr. Kimberly Andrews Espy, Wayne State University's new president, was hosted by the Consortium of Hispanic Agencies (CHA) at a "Meet and Greet" with members of the Southwest Detroit community on Tuesday, October 3 at LA SED's Senior and Youth Center at 7150 W. Vernor Hwy. The organizational members of CHA include CHASS Center, Detroit Hispanic Development Corporation, LA SED, MANA de Metro Detroit and SER Metro-Detroit.

Dr. Espy, originally from Ohio, comes to us after serving as Provost (senior vice president) of the University of Texas at San Antonio. UTSA, like Wayne State, is a Research One, urban university that promotes the social mobility of working-class, first-generation students of all backgrounds.

In a September 23, 2023 article in UTSA Today, President Taylor Eighmy, credited the departing Dr. Espy with being a driving force in making UTSA an engine of affordable social mobility and college to career success. She also raised the standing of UTSA in research and fundraising.

Of particular importance to Wayne State and the Latin community, the article states, "Her leadership enabled UTSA to earn Excelencia in Education's prestigious Seal of Excelencia, a designation recognizing the university's ability to accelerate Latino student success and to become a founding member of the Alliance of Hispanic Serving Research Universities..."

President Espy has brought Excelencia to Wayne State University. On her arrival, she joined Excelencia's network of Presidents for Latino Students Success. She is determined to earn the Excelencia Seal for WSU.

Dr. Espy's goal blends perfectly with our university's longstanding urban mission and tradition of serving first-generation college students. This is especially the case for the Center for Latina/o and Latin American Studies (CLLAS) that is the model for the rest of the communities of learning on campus.

Under the leadership of Director Dr. Jorge L. Chinea, Associate Director Melissa Miranda Morse, and the center's mission-driven faculty, staff and students, CLLAS has become a miniature version of the whole university in research, teaching, student academic self-empowerment, campus programming, community outreach and fundraising.

CLLAS is the modern version of the former Latino En Marcha (LEM) program and Center for Chicano-Boricua Studies (CBS). It was founded in 1971-72 by a collaboration of Wayne State, LA SED, and New Detroit, Inc. The Center admits students of all backgrounds.

The leaders of CHA who were present at the event expressed their continuing commitment to their partnership with Wayne State University to advance educational opportunities for everyone in Detroit and Michigan. The Latino Faculty and Staff Association (LFSA) of Wayne State echoed its support.

President Espy responded. "I had to come to Wayne State to find my Center for Latino and Latin American Studies!"

Wayne State University President, Dr. Karen Andrews Espy (seated bottom row, center), with Latino/a faculty, staff and students
Photo provided by Stacie Clayton, WSU Community Affairs

FOOD AND DRINK

Taco Squares

Ingredients
• 1 (13.8-ounce) tube refrigerated pizza crust dough
• 1 (8-ounce) can pizza sauce
• 2 cups seasoned taco meat, cooked
• 2 medium tomatoes, seeded and chopped
• 2 cups mozzarella cheese, shredded
• lettuce, to taste, shredded
• sour cream, to taste

Ready In:
25 minutes

Step 1
Preheat the oven to 400 degrees F.

Step 2 -
Unroll the pizza dough and place it onto a 15x10x1-inch baking pan.

Step 3 -
Spread the pizza sauce over the pizza dough and evenly sprinkle with the taco meat, the tomatoes, and the cheese.

Step 4 -
Bake the pizza until the crust is golden-brown, about 15-20 minutes.

Step 5 -
Top the pizza with the shredded lettuce and the sour cream.

Step 6 -
Cut the pizza into squares.

Step 7 -
Serve.

Sticky Garlic Chicken Bites

Ingredients
For the chicken:
• 1 pound chicken breasts, boneless and skinless, cut into 1-inch chunks
• kosher salt, to taste
• freshly ground black pepper, to taste
• 2 large eggs, beaten
• 1 cup panko breadcrumbs

For the sauce:
• 1/4 cup reduced-sodium soy sauce
• 1/4 cup honey
• 4 cloves garlic, minced
• 2 tablespoons hoisin sauce
• 1 tablespoon ginger, freshly grated
• 1 tablespoon sriracha
• rice, optional, to taste, cooked, for serving
• 2 green onions, thinly sliced, for garnish
• 2 teaspoons sesame seeds, for garnish

Directions

Ready In:
35 minutes

Step 1
Preheat the oven to 400 degrees F.

Step 2 -
Lightly oil a 9x13 baking dish.

Step 3 -
Season the chicken pieces with the salt and the pepper.

Step 4 -
Place the eggs and the panko into two separate shallow bowls.

Step 5 -
Working in batches, dip the chicken pieces into the eggs and then dredge them in the panko and press to coat.

Step 6 -
Place the chicken pieces in the prepared baking dish and bake until they reach an internal temperature of 165 degrees F and are golden-brown and crisp, about 15-20 minutes.

Step 7 -
While the chicken pieces bake, in a medium saucepan over medium-high heat, combine the soy sauce, the honey, the garlic, the hoisin sauce, the ginger, and the sriracha until it thickens slightly, about 1-2 minutes.

Step 8 -
Stir the cooked chicken into the sauce and gently toss to combine.

Step 9 -
Serve the chicken with the sauce over the rice and garnish with the green onions and the sesame seeds.

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ENTRETENIMIENTO

Selena Gomez explicó por qué su hermana Gracie, de 10 años, es su mejor consejera

La cantante Selena Gomez, quien hace poco se rompió la mano, dio una entrevista para su propia organización de salud mental, llamada Wondermind, en donde compartió cómo es un día ideal para cuidarse, y en ello una parte fundamental es su hermana Gracie Elliot Teefey de tan solo 10 años.

"Ella es tan inocente y pura. Me ayuda a mantener la perspectiva de la vida. Es gracioso porque ella tiene 10 años; yo tengo 31, e incluso con una diferencia de edad tan grande me encantan sus consejos. Ella es muy sabia", aseguró la cantante, quien suele compartir en sus redes sociales los momentos especiales que comparte con su hermana.

Por ello, Selena contó que quienes estén luchando en contra de algunos problemas, se apoyen con sus seres queridos: "No me encanta dar consejos porque no tengo todas las respuestas. Yo diría, sin embargo, que busques a un amigo o un familiar con el que te sientas cómodo hablando y que te sinceres sobre lo que sientes. Es muy liberador abrirte a alguien. Hay mucha fuerza en ser vulnerable".

"Cuando decidí hablar abiertamente sobre mi salud mental, la gente empezó a acercarse y compartir sus historias. Escuchar y conectar fue el regalo más grande porque te sientes menos solo", agregó la cantante.

Sobre si cree que ya no necesita ayuda, mencionó: "No voy a fingir que lo tengo todo resuelto y creo que siempre será un trabajo en progreso. Tienes que aprender a tomar las

mejores decisiones para ti".

También comentó que ella realmente cree que una buena forma de sanar los problemas personales es la terapia dialéctica conductual, la cual trata específicamente los síntomas característicos del trastorno límite de la personalidad como lo son la inestabilidad afectiva, trastorno de identidad, impulsividad y dificultades en las relaciones sociales.

También la cuestionaron sobre si cambiaría algo de su pasado, a lo que comentó: "Intento no mirar atrás y desear que algo hubiera sido diferente. Lo que me alegra es que cada vez más personas se abren sobre su salud mental. Hay más recursos disponibles, como Wondermind, que me hubieran encantado cuando era más joven. Me alegra que cualquiera que lea esto ahora tenga un lugar para conectarse".

Finalmente, Selena Gomez le envió un consejo a todos aquellos que están pasando por algún problema de salud mental: "por favor, sepan que ustedes siempre son suficientes y que no están solos".

Peso Pluma, el origen de su nombre y su salto de mesero a ídolo mundial

Por Mariana Ángeles Gómez-TELEMUNDO

Peso Pluma es el mayor exponente de corridos tumbados del momento. Gracias a su característica voz, su manera de interpretar, su corte de cabello y su forma de vestir, el cantante originario de Guadalajara, Jalisco, ha visto despegar su carrera a nivel internacional en tan solo un par de años.

Fue el 23 de julio de 2021 cuando durante una reunión organizada por el campeón de boxeo Marco Antonio Barrera, Hassan Emilio Kabande Laija, nombre original del intérprete de Ella Baila Sola, fue bautizado con su mote artístico: Peso Pluma.

En una entrevista exclusiva con Hoy Día, Marco Antonio Barrera relató cómo conoció al cantante de talla internacional: "Era un chamaco que lo contratamos para una carne asada". El también comentarista deportivo señaló que Peso Pluma llegó junto a los demás integrantes de su banda, cantaron algunas canciones y luego pudieron platicar, fue entonces cuando el boxeador le hizo una broma sobre su espigada figura.

"Tienes cuerpo de peso pluma, nada más porque cantas… es la mejor división que ha dado México de campeones mundiales (de box)", le dijo Marco Antonio al cantante.

Peso Pluma también ha confirmado esta versión, durante su entrevista con Al Rojo Vivo, en donde compartió que fue "en una (fiesta) privada nos tocó conocer a Marco Antonio Barrera".

El padrino está sorprendido

Marco Antonio Barrera dijo durante la entrevista que todavía no puede creer que el apodo que le dio al joven intérprete lo ha ayudado a popularizarse mundialmente. "Hasta la fecha estoy sorprendido", expresó.

El boxeador señaló que

después de aquella carne asada en donde conoció a Peso Pluma no volvió a verlo hasta recientemente en la pelea de Saúl Canelo Álvarez con Jermell Charlo.

El comentarista deportivo recordó que el cantante lo reconoció y a la distancia le gritó "¡padrino!", posteriormente se reunieron y Peso Pluma le dijo que desde aquel día se planteó la meta de llegar lejos con su música.

El éxito de Peso Pluma

El intérprete mexicano ha acaparado la escena musical con canciones como Ella Baila Sola y La Bebé. Recientemente se anotó otro gran éxito al triunfar en Premios Billboard de la Música Latina 2023.

Peso Pluma fue el gran ganador de la noche al llevarse ocho premios a casa, entre los que destacan Artista del Año, Debut; "Hot Latin Songs" Artista del Año, Masculino y el premio al Compositor del Año. Detrás de él quedó Bad Bunny, quien obtuvo 7 galardones.

El cantante ha sido reconocido por la plataforma musical Spotify como uno de los músicos más influyentes en los últimos tiempos, al posicionar dos de sus temas, Ella Baila Sola y La Bebé, en las listas de popularidad, entre ellas el Top 50 Global.

Además, la plataforma informó que el 23 de junio el álbum GÉNESIS se convirtió en el disco de música mexicana con más streams en un solo día a nivel global.

Lions - 42
Panthers - 24

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

After losing to the Carolina Panthers, during the 2022 season, the Detroit Lions were looking for redemption against them.

This past Sunday, the Detroit Lions hosted the Carolina Panthers at Ford Field.

The Lions (4-1) dominated the Panthers (0-5), and won 42-24.

The Detroit Lions go on a 2 game road trip, to take on the Tampa Bay Buccaneers, on Sunday, October 15th at 1:00 pm (FOX), then travel to the Baltimore Ravens, on Sunday, October 22nd at 1:00 pm (FOX), then returning back to Ford Field on Monday, October 30th, to host the Las Vegas Raiders at 8:15 pm (ESPN).

The Detroit Lions currently find themselves in 3rd place in the playoff picture, and have a great chance at making a playoff run if they continue playing the way the have been playing, and currently lead in the NFC North, with the chance at hosting a playoff game if they continue.

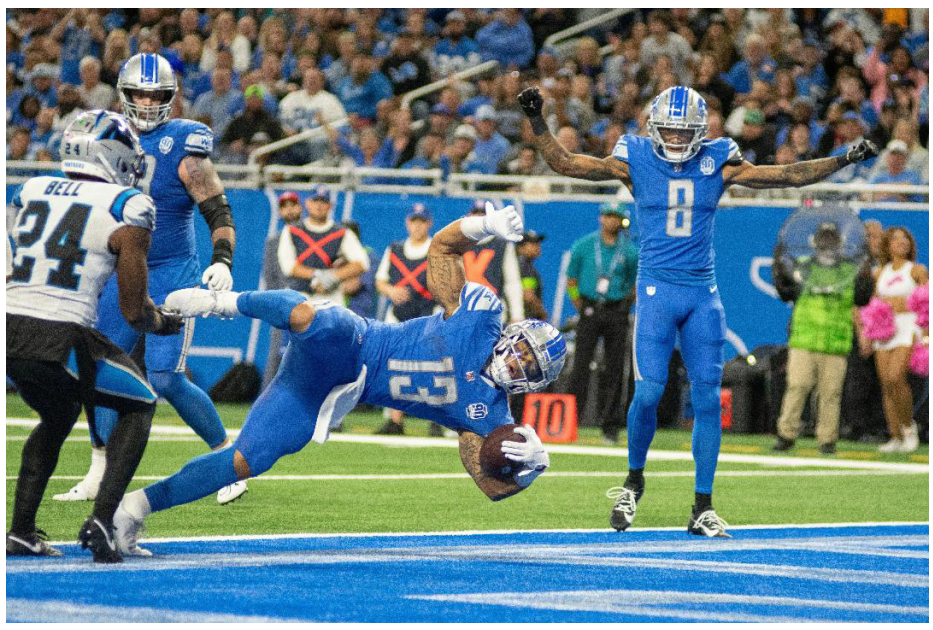
Photos below are from the Lions vs. Panthers game

Photos by Adam J. Dewey, unless otherwise noted

Lions TE #87 Sam LaPorta attempts to catch a pass just out of reach. LaPorta had 3 receptions for 47 yards with 2 TDs

Lions LT #68 Taylor Decker shows his passion for the game as he makes his entrance. During Sunday's game, it was Deckers 100 career start with the Lions. After the game, Decker was presented the game ball by the Detroit Lions team

Lions head coach Dan Campbell stands on field with challenge flag hanging out of his back pocket



Lions RB #13 Craig Reynolds scores a TD, while WR #8 Josh Reynolds gives the touchdown gesture. Reynolds had 7 carries for 52 yards with 1 TD

Lions TE #87 Sam LaPorta scores one of his two TDs, while the Lions cheerleaders celebrate in the background. Photo by Mike Alberts/ EL CENTRAL

Lions DE #97 Aidan Hutchinson is taken down after intercepting a pass agaisnt the Panthers. Hutchinson had 3 tackles, 1 sack and 1 INT in the game

LAST CHANCE

EL CENTRAL HISPANIC NEWS

Pateando la No. 5

SPORTS

David Levine
EL CENTRAL

Detroit City FC has one last chance to make the playoffs. Following two crushing 3-0 defeats to Colorado Springs and Indy Eleven, Trevor James took the team on the road for his penultimate league game as coach and roused the side with the weakest attack in the league to produce three goals when they were most needed. Beating Loudon United 3-0 keeps Le Rouge in contention for the final playoff spot in the Eastern Conference of the USL Championship.

DCFC does not have its whole fate in its own hands, however. They trail Miami FC by one point going into the final weekend of the regular season. Le Rouge needs at least a draw to have any hope of qualifying for the post-season. A tie would bring them level on points with Miami, but DCFC owns the tie-breaker by virtue of a better head-to-head record.

Both DCFC and Miami play top seeds on the final day. DCFC will be at home for a 4pm start against the Players Shield winners from Pittsburgh. The Riverhounds earned the Players Shield by finishing with the best record in the league during the regular season. They have been the most consistently good team in the league over the course of the first 33 games. City will hope that they can find one magical effort in front of the home crowd to keep their playoff hopes alive. Winning would give them a cushion of two points over Miami.

Miami FC has to make a cross-country trip to play the top seed in the Western Conference. The Sacramento Republic are one of the best supported teams in the USL. They just missed being awarded an MLS expansion spot and are just a year removed from a stunning run to the US Open Cup final where they lost to Orlando FC. Where this game poses a problem for DCFC is that it doesn't kick off until 10pm. That means Miami will already know what they have to do by the time their game starts. It puts City at a major disadvantage.

Neither Pittsburgh nor Sacramento has anything to play for on Saturday. It will be interesting to see what kind of teams they send out. Do they keep their top players in rhythm and play as if there was something at stake or will they send out reserve teams to rest their stars? For Pittsburgh, this game amounts to having the ability to select their first round opponent. They will be hosting either Detroit or Miami the following weekend. Miami played them tough, a 1-1 draw in Miami and a narrow 2-1 win at Highmark Stadium in Pittsburgh. They handled DCFC easily in Pittsburgh with a 2-0 home win. That may affect their thinking.

DCFC received a boost last weekend as forward Yazeed Mathews returned to the gameday squad for the first time in since early summer. He didn't play in Loudon, but given the lack of goals all season any additional forward option is a good one to have. Ben Morris will likely start. He leads the team with 7 of the 30 goals the team has scored this year, 5 fewer than the next weakest offense. Dario Suarez and Maxi Rodriguez are next with four goals each. That's 50% of the team's total output.

Keeping the team in the playoff hunt will likely fall on goalkeeper Nate Steinwascher and the back four. They have worked to give DCFC the sixth stingiest defense in the league. That's a great base, but the team has been overly reliant on that defense for too long this year. To keep their playoff hopes alive, the defense has to hold and the offense has to produce something. Even if all that comes together, they will still be dependent on Sacramento holding Miami. It's a lot to hope for, but there's still a chance.

Wolverines keep Brown Jug

Photo provided M-Live

This past Saturday, the University of Michigan Wolverines, ranked second in the country (6-0, 3-0 in the Big Ten conference) dominated the Minnesota Golden Gophers (3-3, 1-2 in the Big Ten conference), 52-10, on the road, to retain the Big Brown Jug.

The Wolverines played 74 out of their 75 dressed players, during the dominating game.

The University of Michigan Wolverines, come back to the Big House, in Ann Arbor, this Saturday, October 14th, to host the Indiana Hoosiers (2-3, 0-2 in the Big Ten conference) at noon (FOX).

The Wolverines travel to Spartan Stadium, for the big rivalry game under the lights, to take on the Michigan State Spartans, on Saturday, October 21st at 7:30 pm (NBC), before having a BYE week.

The Wolverines host the Purdue Boilermakers, on Saturday, November 4th, at the Big House, time and TV (to be decided as of Tuesday October 10th).

The Michigan State Spartans (2-3, 0-2 in the Big Ten conference) return to the field, after having a BYE week, traveling to take on the Rutgers Scarlet Knights (4-2, 1-2 in the Big Ten Confernce), this Saturday, October 14th at noon (BIG TEN NETWORK), before returning to Spartan Stadium to take on the University of Michigan Wolverines, on Saturday, October 21st.

EDITORIAL OPINION

"Army Fails, Marines Succeed"

By Raoul Lowery Contreras

In 1960 the census reported there were four million people in the U.S. we call Hispanics/ Latinos today. The four million have mushroomed in numbers; in 2020's census, 63 million Hispanics (my preference) were counted. Qualification, the census is confronted with the fact that these people are habitually undercounted. It's probably more than 64-65 million.

There are consequences to the Hispanic population's huge growth. On the good side, millions more of these people are graduating from high school -- the important first step in raising economic status.

In 2000, Pew Research reported that 1.5 million Hispanic/Latino students attended postsecondary institutions. In 2019, 3.8 million enrolled in post high school institutions; 2.4 million in four year institutions and another 1.3 million in two year colleges.

A hundred thousand drop in enrollment came during the pandemic, mostly at two year community colleges. Four year institutions weren't affected much by the pandemic. In fact, between 2000's 620,000 four year institution students and 2020's 2.4 million students -- we experienced A STAGGERING 287% INCREASE in Hispanic enrollment.

Has any group in America ever experienced such an explosion of college enrollment in two decades?

As of 2020, one in five four year college/university students were Hispanics. Relate that to the census projections that in 2040, 25% of the United States population - one in four Americans will look like me, and probably speak Spanish with their grandparents if not with each other.

They will be everywhere in the U.S.

Politically, more and more college educated Hispanics will be voting Republican because more and more of them will be business people owning their own businesses. Trump's silliness and stupidity will not be remembered because nothing makes one conservative more than signing paychecks, owning a home and defending the U.S.

This last weekend a retired U.S. Marine colonel friend of mine attended the regular graduation of 300 newly-minted Marines from the world famous Boot Camp at MCRD (Marine Corps Recruit Depot, San Diego). It had been more than 20 years since he attended a graduation. He was stunned by what he saw.

He was stunned, the colonel told me, by what his eyes saw. It seems to him, he said that almost half of these men, 150 of them were Hispanics, specifically he said, they looked Mexican. So did the four man color guard.

When I graduated in November of 1959, I was the only Mexican American in my platoon.

I reminded him of a column I wrote when the disastrous evacuation from Afghanistan occurred. Of the 13 service people killed by a suicide bomb at the airport, 12 were Marines and one was a Navy corpsman attached to the Marines. Of the 12 Marines five of them were Hispanic, one Dominican and four Mexican Americans - 41%.

That is important for I wrote a year or two ago that 20% of U.S. Marines that year were, according to the Department of Defense, Hispanic. My statement was challenged by VDARE, a hugely suspect organization headed by an English, Canadian and finally American citizen defender of the White Race, Peter Brimelow. I was called a liar and my source -Department of Defense- belittled.

Did my colonel friend's eyes lie when he saw so many Mexicans and Hispanics marching by, sharply and proudly.

Clues: (1) My article of the 41% casualty rate at the suicide bombing in Afghanistan. (2) The colonel's eyewitness report; (3) U.S. Marine Official Demographic report of 2019-- Hispanics are 22.6% of total Marine Corps enlistees. (4) Though 17% of the U.S. Army is Hispanic, Marines do better at recruiting Hispanics.

Lastly, the U.S. Army fell 15,000 short of its recruit goal for 2023. The Army is shrinking even as the Hispanic population is exploding in numbers. Could be no one wants to wear little beanie hats like the Army does. Excuse me, berets.

On the other hand, the Marines met their recruiting goals in 2023. They most always do. For some it's a family thing.

A year ago, I attended a meeting of the National Hispanic Publishers in Denver. As usual, I wore a Marine Corps pin on my coat's lapel. I heard a woman behind me state, "All seven of the men in my family joined the Marines."

What can I say? I can say "Oorah!"

Opinions in this column are not necessarily those of the Publisher or Editor

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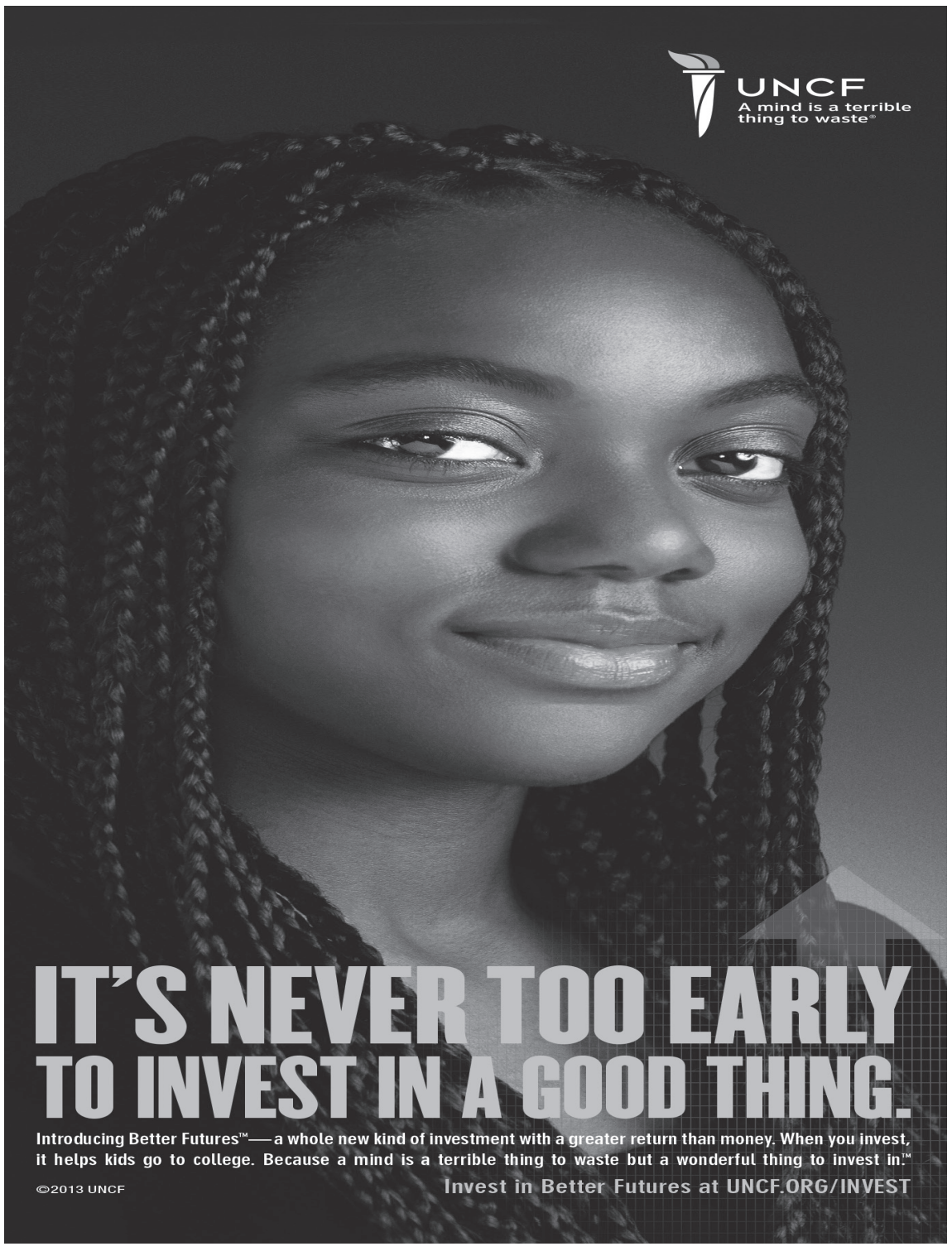
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EL CENTRAL
HISPANIC NEWS

Salud/*Health*

How You Can Donate Plasma and Save a Life

(StatePoint) Millions of people around the world rely on plasma to treat a range of conditions, including rare inherited diseases, severe burns and trauma, liver disorders, and for cancer supportive care.

"Plasma-derived medicines are often the only therapies available for patients with many rare, chronic and potentially debilitating and life-threatening diseases," says Anita Brikman, president and chief executive officer of the Plasma Protein Therapeutics Association. "In short, donating plasma helps save lives."

To encourage individuals to learn more and to donate plasma, if they are eligible, the Plasma Protein Therapeutics Association is sharing patient insights, along with answers to some frequently asked questions about the uses of plasma in healthcare and why we need more of it:

Q: What is plasma and why is it so useful in treating such a broad range of health conditions?

A: Plasma is the single largest component of human blood, making up about 55% of blood volume. Plasma proteins help the body fight infection, clot blood and regulate blood pressure. Patients with certain genetic disorders are unable to make some of those critical proteins and antibodies, but they can be isolated from donated plasma and help compensate for that shortfall. Plasma-derived medicines can also be beneficial for individuals with a compromised immune system due to treatment for cancer or an organ transplant.

Q: Who benefits from plasma donations?

A: Medicines made from donated plasma help those with certain neurological, lung, bleeding and immune system disorders lead healthy, productive lives. Some of these rare conditions can be life-threatening without the right treatment.

After noticing that it was hard to breathe during tasks such as shoveling snow and mowing the lawn, military veteran Dan Coffin was tested for and diagnosed with Alpha-1 antitrypsin deficiency, an incurable, inherited disorder that may cause lung disease and liver disease.

"I went from being extremely physically fit to having trouble with simple tasks in the yard. The plasma protein therapy infusions I receive, thanks to the generosity of donors, make it possible for me to live an active and healthy life again," says Coffin.

Many others also benefit from plasma-derived therapies, such as trauma patients, organ transplant recipients, children with HIV, and anyone who has ever received a rabies or tetanus shot. Both treatments, which are often delivered after incidents such as being bitten by a wild animal or stepping on a rusty nail, are made from plasma that contains antibodies to those pathogens. Additionally, for some mothers and babies, an incompatibility in blood type can result in severe anemia and jaundice in newborns unless the mother receives Rho(D) immune globulin made from plasma.

Q: Why are plasma-derived medicines unique?

A: Plasma-derived medicines are not like other pharmaceuticals. Plasma can't be made in a lab and it is not an infinite resource. It often takes hundreds of individual donations to collect enough plasma to create the medicine needed for a single patient each year. That's why patients who rely on these therapies are so dependent on donors.

Q: How can people donate plasma?

A: To learn more about donor eligibility and the donation process, and to find a local licensed and certified plasma donation center, visit donatingplasma.org.

"So many people know about donating blood, but they don't know about the need for donated plasma," says Brikman. "Plasma donations are vital in helping patients who rely on plasma-derived medicines to improve or save their lives. Donate plasma today and give someone the chance to live a happier and healthier life."

Cómo puedes donar plasma y salvar una vida

(StatePoint) Millones de personas en todo el mundo dependen del plasma para tratar una variedad de afecciones, incluidas enfermedades hereditarias raras, quemaduras y traumatismos graves, trastornos hepáticos y cuidados de apoyo para el cáncer.

"Los medicamentos derivados del plasma son a menudo las únicas terapias disponibles para pacientes con muchas enfermedades raras, crónicas y potencialmente debilitantes y potencialmente mortales", dice Anita Brikman, presidenta y directora ejecutiva de la Plasma Protein Therapeutics Association. "En definitiva, donar plasma ayuda a salvar vidas".

Para alentar a las personas a aprender más y a donar plasma, si son elegibles, la Plasma Protein Therapeutics Association comparte las opiniones de los pacientes, junto con respuestas a algunas preguntas frecuentes sobre los usos del plasma en la atención médica y por qué necesitamos más:

P: ¿Qué es el plasma y por qué es tan útil para tratar una gama tan amplia de afecciones de salud?

R: El plasma es el componente más grande de la sangre humana y representa aproximadamente el 55% del volumen sanguíneo. Las proteínas plasmáticas ayudan al cuerpo a combatir infecciones, coagular la sangre y regular la presión arterial. Los pacientes con ciertos trastornos genéticos no pueden producir algunas de esas proteínas y anticuerpos críticos, pero pueden aislarse del plasma donado y ayudar a compensar esa deficiencia. Los medicamentos derivados del plasma también pueden ser beneficiosos para personas con un sistema inmunológico comprometido debido a un tratamiento contra el cáncer o un trasplante de órgano.

P: ¿Quién se beneficia de las donaciones de plasma?

R: Los medicamentos elaborados a partir de plasma donado ayudan a quienes padecen ciertos trastornos neurológicos, pulmonares, hemorrágicos y del sistema inmunológico a llevar una vida sana y productiva. Algunas de estas raras afecciones pueden poner en peligro la vida sin el tratamiento adecuado.

Después de notar que le resultaba difícil respirar durante tareas como palear nieve y cortar el césped, al veterano militar Dan Coffin se le hicieron pruebas y se le diagnosticó deficiencia de alfa-1 antitripsina, un trastorno hereditario incurable que puede causar enfermedades pulmonares y hepáticas.

"Pasé de estar en muy buena forma física a tener problemas con tareas sencillas en el jardín. Las infusiones de terapia de proteínas plasmáticas que recibo, gracias a la generosidad de los donantes, me permiten volver a vivir una vida activa y saludable", dice Coffin.

Muchos otros también se benefician de las terapias derivadas del plasma, como los pacientes traumatizados, los receptores de trasplantes de órganos, los niños con VIH y cualquier persona que alguna vez haya recibido una vacuna contra la rabia o el tétanos. Ambos tratamientos, que a menudo se administran después de incidentes como la mordedura de un animal salvaje o pisar un clavo oxidado, están elaborados a partir de plasma que contiene anticuerpos contra esos patógenos. Además, para algunas madres y bebés, una incompatibilidad en el tipo de sangre puede provocar anemia grave e ictericia en los recién nacidos, a menos que la madre reciba inmunoglobulina Rho(D) elaborada a partir de plasma.

P: ¿Por qué son únicos los medicamentos derivados del plasma?

R: Los medicamentos derivados del plasma no son como otros productos farmacéuticos. El plasma no se puede producir en un laboratorio y no es un recurso infinito. A menudo se necesitan cientos de donaciones individuales para recolectar suficiente plasma para crear el medicamento necesario para un solo paciente cada año. Por eso los pacientes que dependen de estas terapias dependen tanto de los donantes.

P: ¿Cómo pueden las personas donar plasma?

R: Para obtener más información sobre la elegibilidad de los donantes y el proceso de donación, y para encontrar un centro de donación de plasma certificado y con licencia local, visite donatingplasma.org.

"Mucha gente sabe acerca de la donación de sangre, pero no conocen la necesidad de donar plasma", dice Brikman. "Las donaciones de plasma son vitales para ayudar a los pacientes que dependen de medicamentos derivados del plasma para mejorar o salvar sus vidas. Done plasma hoy y brinde a alguien la oportunidad de vivir una vida más feliz y saludable".

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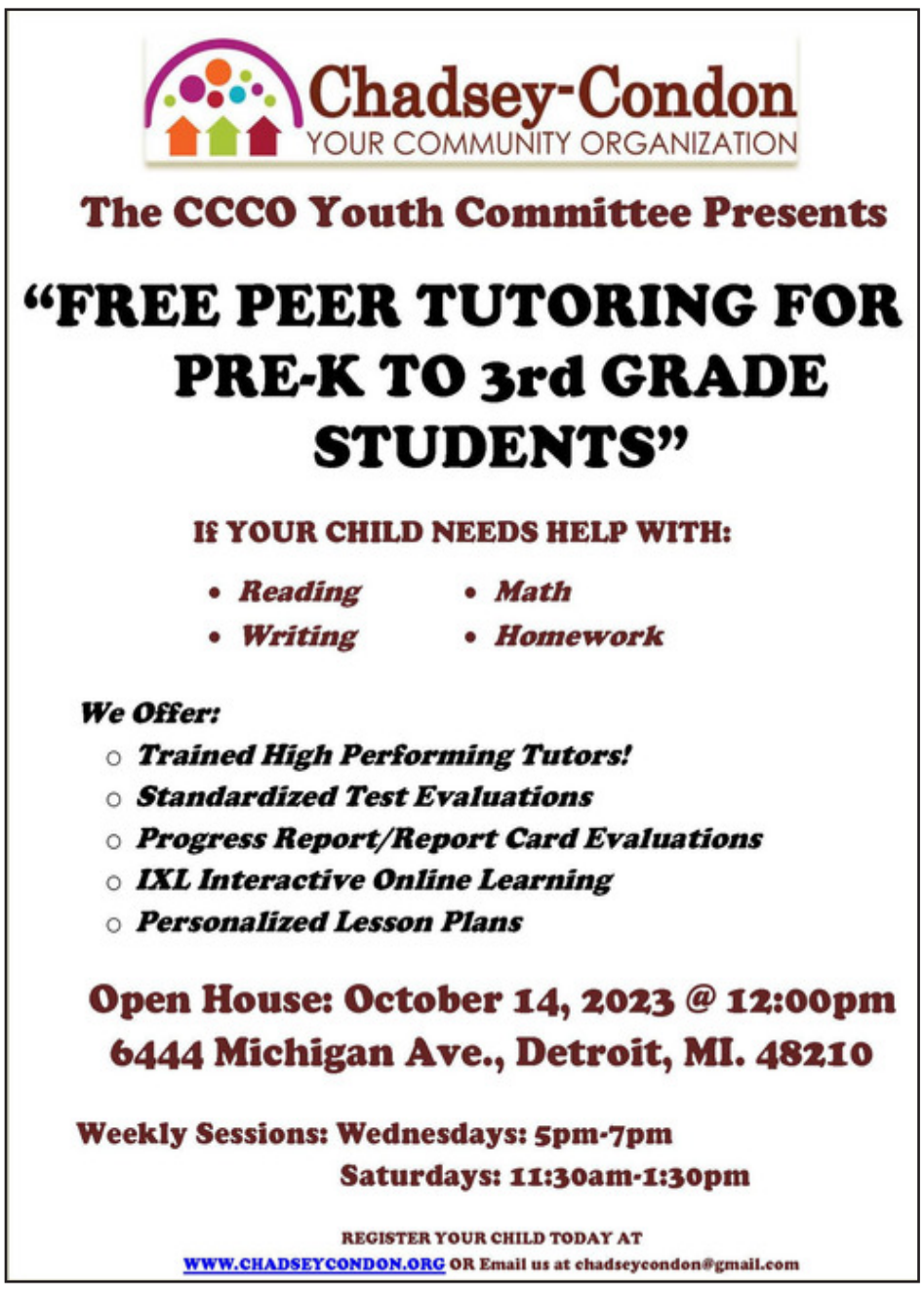
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